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Wellness Magazine 2009 Issue

Office of Recreation and Wellness

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FALL 2009

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To NSU Family Members and Friends:

As members of NSU's family, we have all marveled at the university's growth and recognition as a leading academic institution on the local, national, and international levels. In line with this growth has been an increased awareness of our individual development and wellness, as well as an acknowledgment of the academic environment's role in personal wellness. Over the years, in my position overseeing our clinical operations, I have seen the expansion of health and wellness services and programs initiated by various elements of the university. Unfortunately, in many cases, they were fragmented by the university community's limited awareness of their existence.

Four years ago, we created a University Wellness Collaborative. Its mission is to help coordinate wellness activities on campus and expand them to all facets of university life. The aim is to educate, support, and empower the campus community to make and promote healthy lifestyle choices and take a proactive approach to personal well-being.

Members of the Wellness Collaborative, including Jessica Besch, a fitness graduate assistant, and Marcela Sandigo, student health manager and wellness coordinator, recognized that a wellness magazine would help highlight NSU's related resources for students and faculty and staff members. That was the genesis for *Wellness Made Simple*.

In this magazine, to be published twice a year, you will find articles written by our own students and faculty and staff members. We invite you to keep *Wellness Made Simple* as a resource for the times when you need information about a program or wish to take advantage of benefits available to you as a member of the NSU family.

I would like to extend appreciation to our sponsors for making this magazine a reality. And, to our readers, we welcome your comments and participation in our mission to help NSU be well.

Sincerely,

Robert S. Oller, D.O.
Chief Executive Officer, Division of Clinical Operations
Professor of Family Medicine, College of Osteopathic Medicine



Contributors

Roxanne Bamond, Ph.D., LMFT
Assistant Director, Student Counseling
Nova Southeastern University

Roxanne Bamond balances wellness in many aspects of her life. As assistant director of Student Counseling and a member of the university’s wellness committee, she creates a context of wellness at work. She also juggles a yoga practice, Christian meditation, and working out daily at NSU’s RecPlex.

Aarika Camp, M.Ed.
Director, Residential Life
Division of Student Affairs
Nova Southeastern University

“I am the assistant director of Residential Life and a contestant in the NSU 2008 Biggest Loser Competition. As a part of the Biggest Loser Competition, I lost 46 pounds and 18 inches from my body. I am a recovering Cinnamon Toast Crunch cereal over eater and a new fan of spinning!”

Robin Cooper
Graduate Assistant, Spiritual Life
Division of Student Affairs
Nova Southeastern University

“A walk on the beach, writing in my journal, listening to jazz by candlelight, and playing with my dog—these are simple ways that I seek to include balance in my days and peace in my heart.”

Marilyn Gordon, Ed.D., R.D., CSSD, LD/N
Registered Dietitian
Licensed Dietitian/Nutritionist

“Make wellness your lifestyle. As a registered dietitian and licensed nutritionist, I have more than 20 years of experience observing the effects of unhealthy eating and unbalanced lifestyles. We make a decision about our future health every time we pick up a knife and fork. The choice is yours!”

Linda Maurice
Community Relations Manager
Lifelong Learning Institute
Nova Southeastern University

“As a child, I often visited my grandparents in Florida. It was the 1970s, and my vision of aging included early-bird suppers, cheap movie tickets, and pretending to understand bridge. My association with NSU’s Lifelong Learning Institute has pried my eyes open to the advanced, more challenging, and definitely more appealing opportunities now offered to our senior population.”

DJ Obregon
M.A. Candidate
Farquhar College of Arts and Sciences
Nova Southeastern University

In 2004, DJ Obregon earned her B.A. in English from NSU. Currently, she writes branding materials for NSU as the campaign writer for the Office of Institutional Advancement. “I’m working on my writing degree. I write for school. I write for work. When I’m not typing, main campus has the healthy options I need to energize me. Good food! Great gym! NSU is committed to wellness for its students, faculty, and staff.”

Robert Oller, D.O.
Chief Executive Officer, Division of Clinical Operations
Professor, Family Medicine
College of Osteopathic Medicine
Nova Southeastern University

“NSU is committed to providing a healthy environment and encouraging healthy lifestyles for our employees, staff members, students, and the communities we serve. We are proud to offer *Wellness Made Simple* magazine in order to help accomplish this mission.”

David S. Pallister, J.D., OTR/L
Former Assistant Professor, Occupational Therapy
Nova Southeastern University

“Wellness, from a personal as well as an occupational therapy perspective, is a deliberate process. Although I am committed to a healthy lifestyle outside of work and have some level of expertise in ergonomics, I find maintaining a requisite level of self-awareness necessary to working through any challenge.”

Lauren B. Yerkes, M.S.
Psy.D. Candidate
Center for Psychological Studies
Nova Southeastern University

“Although I am not yet the poster child for ‘going green,’ I have made progress toward this goal by taking baby steps. I bring reusable bags to the grocery store and no longer buy bottled water. These small changes have led to others and help me to maintain my own emotional balance.”

If you would like to be a contributor for the next issue, please contact Marcela Sandigo, at (954) 262-4055.

Editors’ Note

FOUR YEARS AGO, Nova Southeastern University established a university-wide collaborative to develop an on-campus culture of health and wellness. This team of dedicated employees who are passionate about health, wellness, and fitness came together to make that goal a reality. While NSU has an abundance of wellness resources, most of them are seldom utilized. With that in mind, the team has created this biannual university magazine, *Wellness Made Simple*, to promote those resources and empower students and faculty and staff members to incorporate wellness into their daily lives.

To us, wellness is not an idealized size or shape. Wellness is defined as the balance and enrichment of life’s six dimensions: social, occupational, spiritual, physical, intellectual, and emotional. Enhancing the six dimensions of your life will enable you to reach your full potential. Bringing wellness into your life will enrich your time at home, work, and the gym, as well as with loved ones and by yourself.

Each issue of *Wellness Made Simple* will focus on a fundamental theme of wellness, delivering a wealth of related information including features about personal experiences, healthy living tips, health and wellness initiatives, and health benefits available to everyone at the university.

This premiere issue focuses on balance. Our lives are too often so busy that we feel off balance and maybe even out of control. This can lead to high blood pressure, stress, and depression, among other health problems. What we really need to do is prioritize wellness into our lives. This issue describes simple ways to bring balance and stability to your life.

Whether you’re a health guru or novice, you’ll find practical, thought-provoking, and motivating information in each issue of *Wellness Made Simple*. And, as a member of the NSU community, you’ll learn of new and undiscovered wellness resources on campus and beyond that were designed with you in mind. As your managing editors, we hope to inform and motivate you to unlock your potential for wellness, inside and out.

Marcela Sandigo, M.B.A.
Student Health Manager
and Wellness Coordinator



Jessica Besch, M.P.H.
Former Graduate Assistant
for Fitness



finding me in 363

By Aarika Camp, M.Ed.

IT IS HARD TO BELIEVE THAT EXACTLY TWO YEARS AGO,
I WAS SPOTLIGHTED IN *SELF* MAGAZINE FOR MY COMMITMENT
TO LOSING WEIGHT. SINCE THEN, I HAVE BEEN ON A JOURNEY OF
NOT ONLY WEIGHT LOSS (AND GAIN), BUT OF SELF-DISCOVERY.



Ever since I can remember, I have been overweight. But what's unique about me is that I have not gone through the cycles of weight loss programs, pills, and shakes. I've always understood and valued the hard work and food sacrifices you must go through to lose weight and keep it off. What I failed to learn from two of my major weight losses was that no burn in my legs from lunges can compare to the mental endurance and strength necessary to make lasting lifestyle changes. I mean, giving up Cinnamon Toast Crunch cereal was a major mental hurdle for me!

The first time I lost weight was in 2002 during my second year of graduate school in Florida. I knew I would be graduating soon and figured the best way to boost my confidence for the grueling job interviews ahead was to feel better about my physical appearance. A classmate and I embarked on a 16-week program of walking the perimeter of the massive campus combined with maintaining a low-fat diet. I knew that all of the exercise I was doing would be pointless if I ate poorly. The work paid off. During my summer job search, I was confident in my appearance and felt healthy. I landed the perfect job in Boston, and off to the frozen north I went.

I soon discovered my new, "perfect" job was anything but. I began comforting myself with food and lots of it. Each day, my waist grew bigger, as food became my crutch.

When I finished my one-year contract in Boston, I headed back to Florida, but not as the same confident person I was during my previous job search. This time, I focused on finding a job that made me happy, and found that at a university. Regardless of how unhealthy I was, or the fact that I was a voluptuous (I love the words overweight people use to describe themselves) size 28 when I started, no one at my new job judged me.

We focus so much on developing our careers that we neglect ourselves. **Even though I was succeeding at my job, I was failing myself.**

After one year there, I was so content in my job that it was easier to turn my attention to improving my health. In reality, I could no longer ignore it. I was 25 and on high blood pressure medication. This is a growing problem for many young professionals like me. We focus so much on developing our careers that we neglect ourselves. Even though I was succeeding at my job, I was failing myself.



“NSU’s Biggest Loser program has motivated me to make healthy lifestyle choices, and I’m happier now than I have ever been.”

I began with no real goal in mind other than fitting into a smaller pant size. I started walking on a treadmill at a local gym with a colleague. After a few months, not only did my colleague become one of my closest friends, I had dropped from a size 28 to a size 24.

When trying to lose weight, I’m often my biggest critic. So, I found a personal trainer. When others compliment my weight loss or the effort I put forth, I tend to brush it off. But with the trainer’s guidance and encouragement, I started to feel proud of what I had accomplished.

For those of us on our weight loss journeys, this discovery of pride often comes when

we least expect it, but it is a truly rewarding feeling. For me, it came when *Self* magazine wanted to spotlight me for my weight loss. I was shocked because I had lost only 40 pounds. But, the magazine wanted to celebrate the fact that I had lost the weight through simple hard work—eating properly and staying committed to daily exercise. After one year, I was a size 20 and felt wonderful. I was even excited to go clothes shopping, taking regular-sized stores by storm! I had made my health a priority, and everything else fell into place.

In the summer of 2006, my workout partner got engaged and moved out of state, my personal trainer was arrested for vehicu-

lar homicide, and my job transferred me to a satellite campus. I hadn’t yet realized how reliant I was on my friend and trainer in holding me accountable for exercising and eating properly. I was depending on them to make me feel proud of myself. I soon learned that you pay the price when you depend on others for your own success.

Before I knew it, I had returned to my bad habits. By the summer of 2007, I was unhappy once again, looking for yet another job and weighing 363 pounds.

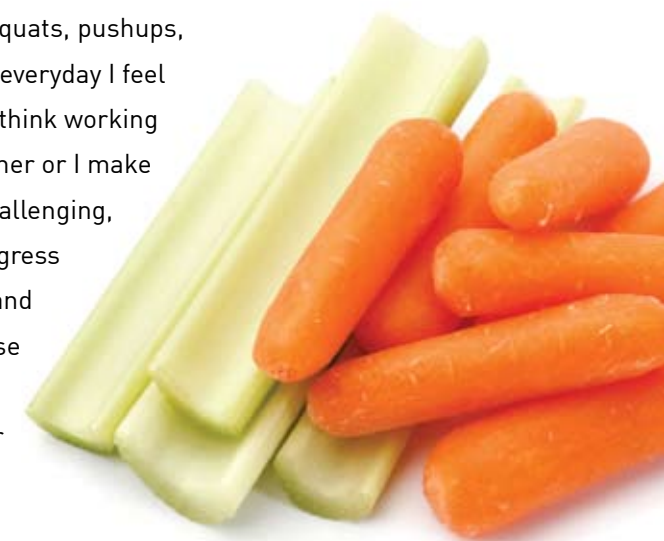
Around that time, I recalled an episode of the documentary television show *Intervention* that focused on a man struggling to lose weight. I heard him admit he would rather be a drug addict than a food addict because drug addicts can get sober and live the rest of their lives without ever having to take drugs again. Yet, even though he has an addiction to food, this man couldn’t live a single day without having to face his biggest obstacle at every meal. I acknowledged that I did not want to be held hostage by food for the rest of my life.

This past spring, I completed a weight loss challenge program offered by my new employer, Nova Southeastern University. The Biggest Loser program has motivated me to make healthy lifestyle choices, and I’m hap-

pier now than I have ever been. Not only do I have a rewarding job at NSU, I am also regaining my total wellness. I used my previous weight loss and gain experiences to help put everything into perspective.

In 16 weeks, I lost 46 pounds, decreased my body fat by seven percent, and learned some tough lessons. I know now that I have to be accountable to myself—not to others. I have to challenge myself to go to the gym, work hard, and eat right. I can’t skip workouts, no matter how tempted I am to do so. Nothing is more important than my health. The journey will be long and challenging, but it’s worth it.

With every small change in my body, I pat myself on the back and set a new goal. I did not gain weight overnight, and I cannot expect myself to lose it overnight. I have done what feels like a million lunges, squats, pushups, and dreadful crunches—but everyday I feel a little stronger. Just when I think working out is getting easier, my trainer or I make my exercise routine more challenging, because that is how real progress is made. With every crunch and squat, I am further from those 363 pounds I used to carry around and that much closer to the real me.



“With every small change in my body, I pat myself on the back and set a new goal. I did not gain weight overnight, and I cannot expect myself to lose it overnight.”



Sports Supplements: **HOPE** OR **HARM** in a Bottle?

By DJ Obregon

With every bench press, arm curl, and sit up, Josem Diaz is one step closer to reaching his goal of having an Adonis-like body. Like some other physical fitness enthusiasts, Diaz, a criminal justice major at Nova Southeastern University, takes sports supplements to fast-track his way toward a perfect body. "Muscle supplements are the way to go," said Diaz while curling a 40-pound dumbbell at the university's state-of-the-art gymnasium known as the Rec-Plex. "Just look at the results. My waistline dropped from 33 to 31 inches in two months, and my chest grew half a shirt size."

While sports supplements that come in the forms of pills and shakes may buff up weightlifters like Diaz, experts say these supplements are potential health hazards because they may contain impurities that can cause side effects. NSU's health and

nutrition experts say the risk of taking these supplements probably isn't worth it because hard work and dedication alone will give most people the bodies they seek.

"No one regulates the supplement industry. The Food and Drug Administration doesn't control the purity of what you are getting in supplements," said Andrew Kusienki, D.O., assistant professor of Osteopathic Principles and Practices at NSU's College of Osteopathic Medicine and a physician at the university's Sports Medicine Clinic. He discourages people, especially athletes, from boosting their workouts with supplements. "For all their hard work and attention to diet, unknown ingredients in supplements can show up in testing," he said. "Athletes who don't know what they are ingesting may be banned from competing. It's not worth the risks."



Marilyn Gordon, Ed.D., R.D., CSSD, LD/N, a registered dietitian at NSU, said many weight loss supplements contain high levels of caffeine. Caffeine can enhance workouts because it decreases the perception of effort, she said. But too much of it can harm people with irregular heartbeats because it accelerates the pace.

Caffeine-laden supplements can also affect those without heart problems, said Heather McCarthy, D.O., an NSU professor of Osteopathic Principles and Practices and a physician at the university's Sports Medicine Clinic. "Even if you don't have a problem with your heart, high doses of caffeine can cause you to have seizures or irritability of the heart, such as dysrhythmias, with potentially fatal effects," she said.

"No one regulates the supplement industry. The Food and Drug Administration doesn't control the purity of what you are getting in supplements."

The potential danger is why RecPlex personal trainer Jay Lawrence doesn't recommend sports supplements to his clients. Fat burners and other weight loss supplements, he said, can harm the body without producing guaranteed results. He favors the proven approach of combining consistent exercise with smart nutrition. "I trained a woman who lost 20 pounds and 7 percent body fat in just seven weeks. She worked out consistently, and we tweaked her diet," Lawrence said. "We traded her junk food for fresh food—not supplements."

Despite the warnings, not everyone at NSU is convinced that ingesting pills or shakes isn't the right choice for sculpting muscle or burning fat. That's why the manufacturing, marketing, and sales of sports supplements is a multibillion dollar industry. Its products are promoted by athletes, actors, and models—people whose bodies are idealized on the covers of health and fitness magazines.

One of these supplement believers is Diaz. The NSU junior drinks whey protein shakes before and after his workouts three to four times a week. "The side effects from sports supplements don't really concern me. I haven't experienced them," he said. "Many people see supplements as a bad thing because of the media. But, most supplements aren't steroids."

Diaz buys his strawberry-flavored, muscle-enhancing elixirs at nutrition stores. "Because of my busy lifestyle, it's sometimes challenging for me to eat every meal," said Diaz, who is also pursuing a minor in psychology and working full-time at NSU. "I use supplements to keep my body lean and enhance the benefits of my workouts."

NSU nursing student Juan Tavera wants to achieve the same results as Diaz. He, too, spends countless hours at the three-story RecPlex, pushing, curling, and pulling weights until his muscles burn. For his 12-year dedication to the gym, Tavera has built a muscular physique so defined he could easily take off his nursing scrubs and model for a fitness magazine.

"The best bet is to get nutrients naturally from foods in order to optimally absorb them."

Andrew Kusienki, D.O., assistant professor of Osteopathic Principles and Practices at NSU's College of Osteopathic Medicine

Yet, his means of getting this body came at a price. The sport shakes Tavera drank to develop his muscles also had an adverse effect on his ligaments, which delayed his recovery from a shoulder injury. He says he's learned the hard way about the risks of taking sports supplements and has decided to never touch them again. "Those substances are unnatural. I'd rather eat healthy and use natural vitamins and minerals to improve my body," he said.

Tavera, now a certified fitness instructor, is often asked for advice on the subject. His response? Eat right and avoid supplements.

Lesa Phillip, an NSU business student and employee, shares Tavera's philosophy. She's losing weight not by taking diet pills, but by running hundreds of miles on the treadmill and pushing through long distances on a stationary bike.

NSU undergrad Stephanie Sultan has found her own supplement for success—sweat and lots of it. Sultan exercises two to three hours every day. "I'm a dedicated person who eats right, gets enough sleep, and practices



good form at the gym," she said. Her hard work and all-natural approach have paid off. It's not hard to spot her well-defined, beach-ready arm muscles and steely abs at the RecPlex.

The natural approach to physical fitness is also promoted by NSU's team of experts. Gordon, the dietitian, recommends that her clients get their supplements through healthy diets rather than processed pills or shakes. "Real food is always your first choice," she said. Professor and physician Kusienki agrees, concluding that "the best bet is to get nutrients naturally from foods in order to optimally absorb them." And, as RecPlex personal trainer Lawrence proves to his clients every day, nothing beats sweat and motivation.



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The Six Dimensions of Wellness

the National Wellness Institute's six dimensions of wellness.



Wellness Wheel

The Six Dimensions of Wellness

Wellness Made Simple magazine serves NSU staff and faculty members and students in learning about current topics and resources available at the university that help fulfill the National Wellness Institute's six dimensions of wellness.

Emotional

Awareness and acceptance of one's feelings

Emotional wellness includes the degree to which you feel positive and enthusiastic about yourself and your life. It includes the capacity to manage your feelings and related behaviors, including the realistic assessment of your limitations, development of autonomy, and ability to cope effectively with stress.

Intellectual

One's creative, stimulating mental activity

Intellectual wellness includes expanding your knowledge and skills while discovering the potential for sharing your perspective with others. As you develop your intellectual curiosity, you'll actively strive to expand and challenge your mind with creative endeavors.

Occupational

One's personal satisfaction and enrichment in one's life generated through work

At the center of occupational wellness is the premise that occupational development is related to your attitude about your work. Traveling a path toward your occupational wellness, you'll engage your unique gifts, skills, and talents in work that is both personally meaningful and rewarding.

Physical

Conditioning of the body and mind through regular physical activity

Optimal physical strength, flexibility, and endurance are achieved through a combination of good exercise and thoughtful eating habits. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination, and a sense of direction. You'll grow to appreciate the relationship between sound nutrition and how your body performs.

Social

One's contribution to the environment and the community

Social wellness includes one's recognition of the interdependence between others and nature. You'll take an active part in improving our world by encouraging healthier living and initiating better communication with those around you. You'll actively seek ways to preserve the beauty and balance of nature as you discover the power to make choices that enhance personal relationships and important friendships and build a better living space and community.

Spiritual

One's search for meaning and purpose in human existence

Spiritual wellness includes the development of one's deep appreciation for the depth and expanse of life and natural forces that exist in the universe. Your pursuit of spiritual wellness will be characterized by a peaceful harmony between the internal (your emotions, ideas, and beliefs) and the external (your physical body; your relationships; and the world in which you live, work, and contribute).

A Journey of a Thousand Miles Begins with a Single Step

By Lauren B. Yerkes, M.S.

So many of us have set out with high hopes and big dreams of losing weight, quitting smoking, or pursuing a new career. Too often, we wind up feeling overwhelmed and disappointed when we have not made great progress toward these goals.

**“Whether you believe you can
do a thing or not, you are right.”**

—Henry Ford

In this fast-paced world, it's often difficult for us to find time to sleep, let alone find time to make lasting changes in our lifestyles. This perceived pressure and failure can lead to feeling defeated and hopeless. We may begin to doubt that we have the ability to make the changes we wish to see in our lives and give up instead.

I have yet to figure out a way to establish change overnight in myself or in any of the individuals whom I see for counseling. While we may wish for instant improvements in our lives, we each have the ability to make lasting changes when we are willing to put in the time. You can improve your overall well-being and instill in yourself a sense of balance and accomplishment—through baby steps.

An ancient Chinese philosopher once proclaimed, “A journey of a thousand miles begins with a single step.” When we begin to move toward our goals, one step at a time, the likelihood of change moves beyond *possible* to *probable*. Instead of piling more pressure on yourself to achieve your biggest goal in an unrealistic timeframe, take smaller, consistent steps to achieve milestones along the way.

Begin by writing down your ultimate goal. For example, “I want to be healthier.” This is

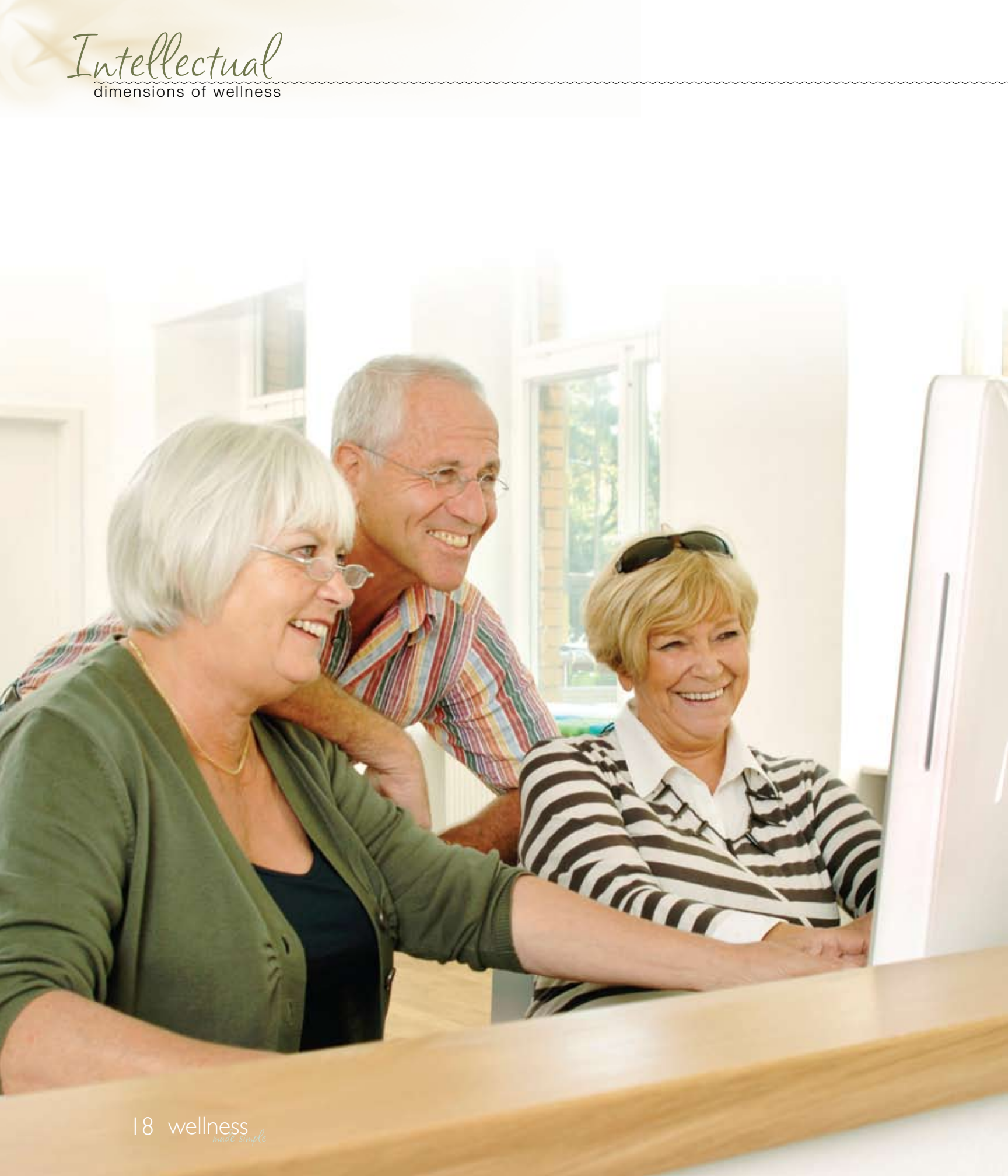
quite a tall order, so the next step is to break it down. Ask yourself, “What needs to happen for me to accomplish this goal?” Your answer may be that you need to make dietary changes and exercise more regularly.

Break each of these smaller steps down even further to ensure that you are setting realistic goals. Rather than requiring yourself to hit the gym five days every week, you can commit to a more manageable 30-minute walk today. By setting and accomplishing small, realistic goals, you will not only be steadily working toward your ultimate goal, you will also begin to feel a sense of accomplishment, control, and empowerment.

Sometimes, your small goals may need to include steps to ensure that you have the resources available to reach your larger goal. For example, you may have to set a goal to buy walking shoes before setting the goal to go for a walk. Set yourself up for success by adequately preparing yourself to reach each of your smaller goals. Every time you accomplish one of these baby steps, you increase self-confidence and build momentum toward your ultimate goal.

While seemingly small, these changes are the ones that will stick with you, becoming part of your new and improved lifestyle.





Learning Is a Lifelong Adventure

RETIREMENT CAN BE A DAUNTING PROSPECT. NOT HAVING A CAREER OR REGULAR SCHEDULE FRIGHTENS SOME PEOPLE. OTHERS FIND IT DIFFICULT TO BALANCE THEIR NEWFOUND LEISURE TIME WITH RETIREMENT'S UNIQUE RESPONSIBILITIES AND OPPORTUNITIES.

By Linda Maurice



Retirees Dorothy Margolies and her late husband overcame the uncertainties of this stage of their lives when they enrolled in classes at NSU's Lifelong Learning Institute (LLI) more than 25 years ago. The LLI, which is a department of the university's Farquhar College of Arts and Sciences, provided the couple with a lifeline, a social circle, and even a family.

"Everyone at the institute did so much together outside of class. We traveled to the former Soviet Union and Israel, had parties, and spent a lot of time together," Margolies said. "The LLI was the best thing in my husband's life between retirement and when he passed away. It made the transition of retirement easier for him and the rest of his life more enjoyable."

Twice a day, four days a week, LLI students gather at the university to study literature, politics, history, culture, psychology, or philosophy. This mature group of students isn't there to earn their bachelor's or master's degrees. They're pursuing lifelong knowledge and social fulfillment.



For 30 years, the LLI has been enriching retirees' lifestyles, health, and wellness. Currently, 120 members (mostly age 60 and older) attend classes taught by NSU faculty members, adjunct professors, lecturers, and other experts in diverse fields. In addition to sharpening minds, the LLI also offers Enhance Fitness classes two times a week to maintain and improve members' physical wellness.

Currently, 120 LLI members (mostly age 60 and older) attend classes taught by NSU faculty members, adjunct professors, lecturers, and other experts in diverse fields.

As a supplement to the usual roster of university-level classes offered by the LLI, the institute recently held the Getting Involved Lecture Series, which included several speakers currently in political office, running for re-election, and in office for the first time. Visiting speakers included Richard Lemack, a Hollywood assistant city manager running for Broward County sheriff; State Senator Jeremy Ring (D-Parkland), State Representative Franklin Sands (D-Weston); and retired Lieutenant Colonel Allen West, who is running for Congress.

The LLI has even launched new "encore" careers by helping members to develop marketable skills. One student who took advantage of this is Lee Sacks, a relatively new LLI member who joined the institute's creative writing class. Sacks's previous writing experience consisted only of business correspondences. But, less than one year after joining the class, he became a published novelist with his book *The Incredible Life of Pinnie Lavin*.

When asked if he is retired, Sacks replied, "I don't like the word *retired*. I see myself as being in the renewal process."

The LLI's offerings are not just for those who live near NSU's main campus in Fort Lauderdale. Programs operate at five satellite locations around Broward and North Miami-Dade counties for adults who live in independent and assisted-living facilities.

For more information about the Lifelong Learning Institute, visit www.undergrad.nova.edu/lli or call (954) 262-8471.



Wear Out, Don't Rust Out: Wellness Tips for Mature Adults

- **Learning is lifelong.**

Don't be afraid to try new activities or learn about new subjects.

- **Find learning partners.**

For those hesitant about a continuing education program, bring a friend along. It will ease the transition of being in a new situation and meeting unfamiliar faces.

- **Put thoughts on paper.**

Memoirs and other forms of creative writing are things that mature adults can pursue. For yourself and your family, these memories and stories will become an invaluable legacy.

- **Exercise your body as well as your mind.**

You're never too old to begin an exercise regime. Check with your doctor for any physical limitations you may have, and find an activity, a program, or a trainer who suits your interests and abilities.

Becoming a Weekday Warrior at Work



By David Pallister, J.D., OTR/L, CEAS

Many of us are familiar with the term *weekend warrior*—busy, working individuals who cram their weekends full of physical activity in an effort to maintain their overall wellness. Because work is such a time-consuming part of our daily lives, more of us should strive to become *weekday warriors*—those who protect and condition their bodies and minds while performing daily tasks in the workplace. Consider the sedentary, computer-based work many of us do Monday through Friday. Recent data indicates that for multiple reasons, professionals are even remaining in these conditions well beyond traditional retirement age.

As the founder of an ergonomic assessment and treatment organization, I have offered professionals recommendations for preventing, alleviating, or minimizing their work-related fatigue, injuries, illnesses, and conditions. Ergonomic assessments consider the work environment and its task demands. Modifications, including the introduction of ergonomic equipment or techniques, and adjustments to the nature of job tasks can have a positive impact on the worker. Yet, if he or she does not proactively and consciously interact intelligently with the work environment and required tasks, on-the-job injuries and fatigue will most likely arise or persist. That's why, I almost always place the initial focus of my assessment on the worker—the potential weekday warrior.

Ergonomic experts and the Occupational Safety and Health Administration have identified a few occupational risk factors that regularly contribute to work-related musculoskeletal disorders such as carpal tunnel syndrome. The risk factors that most affect today's computer users are repetition and postures that are awkward and static. Repetition refers to the performance of a task or movement regularly over the course of the work-day, workweek, or work year, often for many years. Awkward postures refer to incorrect or "non-neutral" postures of the neck, back, trunk, and upper and lower extremities. Static postures hold our body parts through nonmoving muscle contractions. These static contractions require more energy and fatigue muscles much more quickly than concentric or moving muscle contractions.

Take brief "smart breaks" throughout the day.

Every 15 minutes, get up from your computer to stretch, move, breathe, and reset your postures.



To maintain occupational wellness, we should avoid tasks that place our joints in extremely flexed or extended positions and then compound the negative effects of these postures by performing repetitive motions or remaining in static positions. Computer users can avoid these dangerous habits by consistently adhering to the following weekday warrior guidelines.

- Interrupt the repetition.
- Monitor and correct awkward postures.
- Systematically incorporate whole-body and body-segment movement and stretching into your day.

One of the simplest ways for you to abide by these guidelines is to take brief "smart breaks" throughout the day. Every 15 minutes, get up from your computer to stretch, move, breathe, and reset your postures. Stretching contributes to flexibility and combats the muscle tightness and fatigue caused by maintaining static positions, especially in the neck, shoulder, and chest areas. Moving helps to keep joints nourished and increases blood flow and the metabolic exchange rate on the cellular level. Breathing contributes to overall stress reduction.



Incorporating smart breaks into your workday can help you improve your physical stamina and mental focus, enabling you to become a weekday warrior.

However, if you are like me, you get involved in your work and forget to take frequent breaks. Well, the very cause of most of our aches and pains (the computer) can actually offer assistance with reminders. Microsoft users can program the software to sound a workplace-appropriate alarm every 15 minutes. In addition, an online company called ErgoTrading offers a downloadable software program called Office Athlete that provides on-screen break reminders and a set of randomized exercises to perform during the smart breaks. The Office Athlete software also tabulates various statistics associated with computer use, such as number of keystrokes and mouse distance traveled.

Maintaining occupational wellness will contribute greatly to your overall sense of physical and mental well-being. Incorporating smart breaks into your workday can help you improve your physical stamina and mental focus, enabling you to become a weekday warrior.

eating well

on and off Campus

Living a healthy lifestyle involves being proactive by choosing foods because of their health benefits and potential to prevent various illnesses, such as heart disease, stroke, high blood pressure, and diabetes. The earlier one adopts a healthy diet, the more benefits there are to be gained. For the NSU community, eating a healthy meal or grabbing a smart snack, on or off campus, can be simple—and tasty—if you follow a few basic guidelines.

By Marilyn Gordon, Ed.D., R.D., CSSD, LD/N



Eat Breakfast

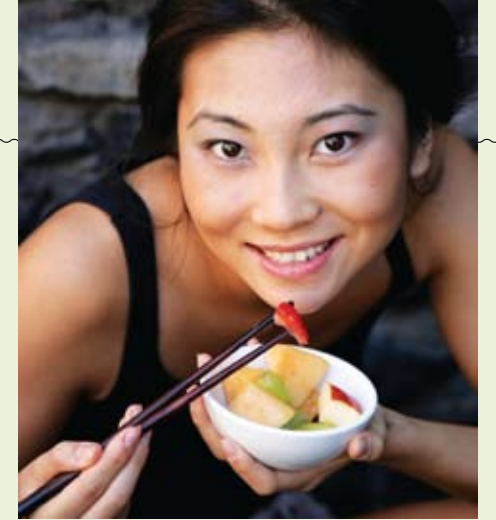
All too often, our hurried lives with school and work make it difficult for us to eat on campus, even though it's our goal to do so. This results in foggy thinking and poor intellectual performance. Your best bet is to stock your home with cereals, milk, yogurt, fruit, English muffins, and some peanut butter. All of these items are quick, easy, nutritious, and will get your day off to a healthy start. If you reside on campus, other quick items to look for include 100 percent fruit juice, low-fat chocolate milk, whole grain cereal, bagels, fruit cups, fresh fruit, and hard boiled eggs. Carbohydrate foods are important fuels for the brain. It's best to avoid high-fat breakfasts and fried meats because they lead to indigestion, high cholesterol, and possible weight gain.

The Fresher the Better

When you are purchasing groceries at the market or on campus, look for fresh fruits and vegetables. Aim for a minimum of five servings of fruits and/or vegetables per day. Most campuses and off-campus fast food restaurants offer a salad option that includes a variety of greens, a lean source of protein (even tofu), additional vegetable toppings, and a light dressing. These salads can represent two to four vegetable servings, as one cup of raw greens equals one vegetable serving. Fresh fruit can always be found on campus, the most popular being apples and bananas. Fruit is often nature's 100-calorie snack.

Fast Foods, Smart Options

Since healthy eating is all about balance, the key to eating fast food is looking for low-fat options such as grilled chicken sandwiches without mayo or small burgers. You could pair the sandwich with a small salad instead of French fries. If you are off campus, most restaurants can now substitute baked potatoes or steamed broccoli for the fries. Consumer demand dictates what foods we will find when dining out, so be sure to ask for what you want. If you reside on NSU's main campus or visit regularly, be sure to check out the Balanced Choices® for a healthy lifestyle program offered by Chartwells. This program highlights the healthiest food choices with brightly colored graphic icons. Look for these icons when perusing menus and pick up the educational brochures to learn more.



Best Choices on Campus

- Wild Greens salad with lean protein, five veggies, and dressing on the side
- grilled chicken sandwich on whole-wheat bread
- Subway veggie, turkey, ham, or roast beef sub with extra veggies (no mayo)
- fresh fruit, fruit or vegetable cup
- Starbucks skinny latte
- Coyote Jack's "cold" char-grilled chicken breast Caesar salad

Best Choices off Campus

- Wendy's salads (no croutons, dressing on the side)
- McDonald's salads (with fat-free Italian dressing)
- Burger King's veggie burger (with extra veggies, no mayo)
- Wendy's chili and baked potato, grilled chicken sandwich (no mayo)
- PF Chang's vegetarian or chicken lettuce wraps, Cantonese shrimp or scallops
- Panda Express's black pepper chicken, beef and broccoli, fried tofu with veggies
- Chili's Guiltless Grill chicken platter, chicken sandwich
- any restaurant: grilled/baked chicken or fish, side salad, and steamed vegetables

A Juggling Act:

Balancing Work, Home, and Life

By Roxanne Bamond, Ph.D., LMFT



As a family therapist, I talk to many people who tell me about experiencing a pull between their work and their families. The most-often used description of this is “juggling,” as in “Help me figure out how to successfully juggle all the demands of school, work, and home—and not go crazy!” Juggling is an accurate way to conceptualize this conflict because it requires keeping your eyes on a handful of items of equal importance. When one ball hits the ground, the others inevitably follow. How can you keep your life up off the ground? Follow these juggler’s guidelines.

Stay present by keeping your eye on one ball at a time.

It is nearly impossible to carry on a conversation with a toddler, make a healthy dinner, plan an agenda for the staff meeting tomorrow, and peruse the Internet for articles for a research paper all at once. Even the best computer can do only one function at a time, yet we try to complete several different activities at the same time.

When a juggler’s attention is fully engaged in one activity, nothing can share brain space with the juggler other than the act of juggling. By continually practicing staying present to the activity at hand, one increases the likelihood that the activity is done well. When you are working or studying, stay present. When you find that your thoughts have slipped away, allow your mind to return to the activity at hand. When you are spending time with your loved one, stay present and watch how that relationship thrives.

Learn from the pros.

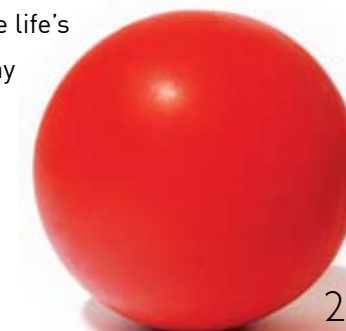
Like other skilled performers, jugglers become better by watching and learning from others who may be more skilled. We can do the same. Find mentors (coworkers, friends, and family members) who have

figured out how to juggle work and family. Ask them how they juggle all of life’s demands, without dropping the ball. Search for ideas that may work for you, and don’t be afraid to toss out the ideas that don’t. When you have found a handful of great ideas, practice them. Remind yourself to do what works for you.

Enjoy yourself.

If you’ve ever watched someone juggle, you can’t help but get the feeling that it’s actually a lot of fun. If the experience of your home-work juggling act is far less enjoyable, you might just need a change of pace. Seek out new ways to make your daily routine more surprising. Instead of eating lunch in front of your computer, take a short walk with a coworker. How about sending an unexpected, thinking-about-you text or email to a loved one or an old friend? Re-discover the fun in your work and in your relationships by making small changes. Call an adviser or, if needed, a therapist for a consultation, but don’t sacrifice daily enjoyment.

Learning to skillfully juggle life’s demands is an effective way to experience the rewards of daily life.



a navel-gazer's advice for establishing balance

By Robin Cooper

Picture a gymnast on a balance beam. She knows that if she leans too far to one side, she will fall off. So, she carefully holds her arms out on both sides to help her stay steady. Now picture your typical day as a college student. Are you running from class to workout at the gym, or waking up from a late night to run to a morning class? Are you finding yourself exhausted at the end of the day? Would you say that sometimes joy, inspiration, or peace of mind is missing from your life? This may be a sign that your life is out of balance. Too much weight has been given to one side of your life, causing you to fall off the beam of calm, stress-free living. To feel steady, it's vital to balance the demands of school, work, and social activities with essential "navel-gazing time."

When I was growing up, my brothers and I spent our summers at my grandmother's cottage in the Catskill Mountains. Those were full, wonderful, and busy days. The only thing we didn't like, initially, was that we were required to take a "rest hour" after lunch before we could go back down to the lake and play with our friends. Our grandmother would send us out to the hammocks hung between pine trees near the house, or to the porch swing, and tell us not to talk to each other. She called this "navel-gazing time" and said it was essential to take time every

day to be quiet and just think or daydream—to just be. I remember those hours, looking up at the sky between the pine branches, and feeling peace settle in over me.

Ever since then, I've made it a point to build some navel-gazing time into every day. Sometimes that means taking a walk on the beach. During most mornings, I write in my journal before going to work. Some days, I turn the music off in my car and use the quiet isolation of my commute to pray about the day ahead. These short breaks in my busy routine help keep my emotions and my perspective in balance, so I don't fall off the beam and find myself stressed out, worn down, and utterly empty of joy.

It would be unrealistic to tell you that your life as a college student won't be busy. It will be! And that's great, because you'll be learning new things and meeting new people. Just be sure to stay balanced while up on that beam. Remember to take some time out just to *be*—to be quiet; to think; to look at the sky, the ocean, or the palm trees moving in the wind. Do some navel-gazing and reflect on what you want out of your life, what gives you joy, what you hope to offer to this university and to the world. Your time in college will be even more meaningful and enjoyable if you stay centered.

Health and Wellness Initiatives

made simple

Take Back the Night

January

This annual event unites NSU members and the local community in the fight against acts of sexual assault and domestic violence. The program includes a keynote presentation, speak-out sessions in which survivors can share their stories and loved ones can speak of the secondhand effects of domestic violence/sexual assault, and general sessions in which the public can share thoughts. Then, a candlelight vigil and campus march honor those who have been victimized by, or lost their lives to, sexual violence. Related community groups participate, lending support and distributing information.

NSU's Biggest Loser

January–May

The 16-week Biggest Loser challenge is a comprehensive approach to motivating employees and students looking to make positive life changes. It brings together NSU's personal training/Campus Recreation staff members, Sports Medicine physicians, and the Guided Self-Change Clinic at the Center for Psychological Studies to provide physical, social, mental, emotional, and occupational services that will facilitate changing habits and lifestyles. The NSU employee crowned the Biggest Loser, due to his or her loss of the greatest percentage of body weight, serves as the program spokesperson the following year.

Wellness Week

March

Wellness is a week-long event focused on nutrition, and healthy exercise. The week's overall goal is incorporate balanced, healthy eating habits for a lifetime. Programming steers students away from the constant yo-yo dieting approach that often leads to eating disorders. Speakers will include physicians, psychologists, exercise physiologists, and nutritionists. Interactive activities and events will explain how to make better food decisions. The theme for 2009's event was "It's not about the scale; it's about the balance."

NSU Boomers and Beyond: A Day for Health and Wellness

March

This event, formerly the NSU Healthy Aging Expo, has been expanded to include adults of all ages. It provides the information and resources needed to live longer, healthier lives. Expect a diverse presentation of wellness-related lectures, health care screenings, health and aging information, healthy snacks, raffle prizes, and more.

University Health and Wellness Fair

September

The annual Health and Wellness Fair, held in September, kicks off Welcome Week at the NSU Don Taft University Center. Students and faculty and staff

members participate in health screenings, attend fitness demonstrations, view exhibitor booths, receive body fat assessments, and more.

A Day for Children

September

Each September, more than 7,500 children and their families attend a day of free health care screenings and informative exhibits at the NSU Alvin Sherman Library, Research, and Information Technology Center. Screenings include general medical, vision, dental, hearing, speech and language, psychological, dermatology, pharmacy, and physical and occupational therapy. NSU doctors and professors will provide consultations in each discipline. Programs and counseling will be offered in areas such as family violence and adolescent drug abuse. One hundred fifty community organizations offering services for children in South Florida will participate. One thousand children who attend will receive free bicycle helmets, and parents may have their children fingerprinted by the Davie Police Department as part of a child safety program. Children without health care coverage may be enrolled on-site in Florida's Kid Care program. When health issues are discovered, referrals may be made to NSU's clinics for follow-up. Families can expect to enjoy rides, games, free food, theater productions, and library services.

Shark Shuffle 5k Run/Walk

October

The annual Shark Shuffle brings professional and recreational runners from the community together with NSU's students and staff and faculty members to participate in an officially sanctioned 5k race. More than 800 runners participate. Parents can choose to walk the course with their children to model positive wellness and fitness behavior. As an incentive for student participation, a \$500 scholarship drawing is conducted after the race. Last year, there were 32 lucky student winners.

Alcohol Awareness

October

Each October, NSU brings to campus a guest speaker who focuses on alcohol awareness. A crowd favorite was the 2007 theme of "Sex, Drugs, and Rock n' Roll," presented by Barry Gregory. He spoke to about 450 students on the link between alcohol and high-risk sex, poor academic performance, violence, and binge drinking.

NSU Pharmacy's Monthly Health Screenings

(See calendar for dates)

Every month, NSU's clinical pharmacy's disease management program provides health screenings and awareness programs at the pharmacy for the university

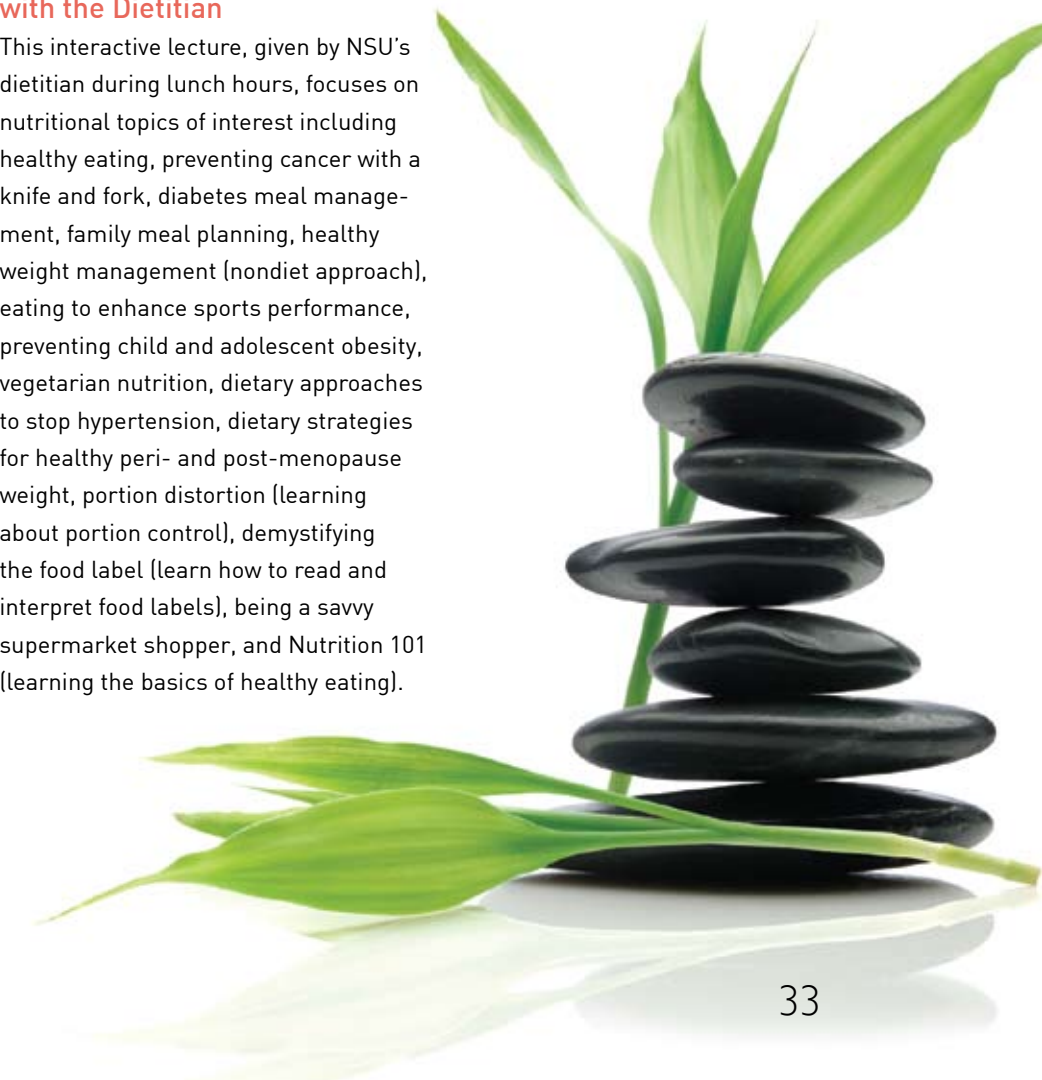
community and public. Screenings are also available at many events. Programs include healthy weight/body fat analysis, poison prevention, alcohol awareness, asthma and allergy awareness, men's health, skin cancer awareness, immunization awareness, cholesterol education, blood sugar testing and diabetes awareness, and World AIDS Day (HIV/AIDS information).

Lunch and Learn with the Dietitian

This interactive lecture, given by NSU's dietitian during lunch hours, focuses on nutritional topics of interest including healthy eating, preventing cancer with a knife and fork, diabetes meal management, family meal planning, healthy weight management (nondiet approach), eating to enhance sports performance, preventing child and adolescent obesity, vegetarian nutrition, dietary approaches to stop hypertension, dietary strategies for healthy peri- and post-menopause weight, portion distortion (learning about portion control), demystifying the food label (learn how to read and interpret food labels), being a savvy supermarket shopper, and Nutrition 101 (learning the basics of healthy eating).

Ergonomics Lectures

This program consists of an ongoing series of educational workshops that alert members of the NSU workforce on the principles of ergonomics and strategies to reduce the incidence and severity of work-related injuries and illnesses.



NSU Wellness Calendar

2009–2010

October 2009

Shark Shuffle 5K Run/Walk
National Breast Cancer Awareness Month
Alcohol Awareness Month
Vegetarian Awareness Month
Step-Out: Walk to Fight Diabetes

November 2009

American Diabetes Month

December 2009

World Aids Day

January 2010

Biggest Loser Kick-Off
Take Back the Night
CommunityFest

February 2010

Black History Month
American Heart Month
National Wear Red Day
(Go Red for Women's Heart Disease)

March 2010

National Nutrition Month
Wellness Week
Heart Walk

April 2010

Counseling Awareness Month
Earth Day
Walk Now for Autism
National STDs Education Month
American Cancer Society Relay for Life

May 2010

National Physical Fitness and Sports Month
Employee Health and Fitness Day
National Blood Pressure Month

June 2010

Family Awareness Day
Student Safety Month

July 2010

Eye Injury Prevention Month
Dental Awareness Month

August 2010

National Immunization Awareness
NSU Welcome Week

September 2010

A Day for Children
NSU Health and Fitness Expo

Wellness Resources

Athletic Training Education

<http://undergrad.nova.edu/divisions/mst/athletictraining>

Blue Cross-Blue Shield of Florida (Medical Insurance Provider)

www.bcbsfl.com
Customer Service: 800-664-5295
24-hour Nurse Line: 877-789-2583

Campus Recreation

www.rec.nova.edu
(954) 262-7301

College of Pharmacy

<http://pharmacy.nova.edu/home.html>
(954) 262-4550

Department of Athletics

<http://nsuathletics.nova.edu/>
(954) 262-8250

Health Care Centers

www.nova.edu/healthcare
(954) 678-2273

Healthy Lifestyle Guided Self Change

www.nova.edu/gsc/
(954) 262-5968

Residential Life and Housing

www.nova.edu/reslife/
(954) 262-7052

Human Resources

www.nova.edu/cwis/hrd/
(954) 262-7870

ICUBA Benefits MasterCard (HRA/HCSA/DCSA Administrator)

<http://icubabenefits.org>
Customer Service: 866-377-5102

Magellan Health Services (Employee Assistance Program)

www.magellanhealth.com
24-hour Customer Service: 800-416-0835

Shark Dining

www.dineoncampus.com/nova
(954) 262-5242

Student Counseling

www.nova.edu/studentcounseling
(954) 262-7050

Student Health Insurance

www.nova.edu/smc/health_insurance.html
(954) 262-4060

Student Medical Center

www.nova.edu/smc
(954) 262-1262



What's at NSU for You

For All Members of the NSU Community

Motivation to Ditch Bad Habits

Free motivational counseling is available at the main campus to help you eat healthier, exercise regularly, procrastinate less, and stop smoking. Services are offered through the Healthy Living Guided Self Change Program of the Center for Psychological Studies.

Sign up at the RecPlex, call (954) 262-5969, or visit www.nova.edu/gsc.

RecPlex Fitness Activities

Students, faculty and staff members, and their families have ample recreational options at the 110,000-square-foot RecPlex at the Don Taft University Center.

- state-of-the-art fitness center with cardiovascular and strength equipment
- indoor basketball and volleyball courts
- group exercise schedules for yoga, pilates, spinning, and instructional programs
- indoor racquetball and squash
- heated outdoor swimming pool
- indoor rock climbing wall
- personal training
- men's and women's saunas
- children's swimming, tennis, gymnastics, and dance classes
- equipment rental

Students are RecPlex members by virtue of tuition and fees paid. Faculty and staff members, as well as family members of employees and students, are eligible to become RecPlex members at modest rates.

For further information, call (954) 262-7323.

Healthy Eating

Healthy, satisfying meal choices are available at the Food Court at the Don Taft University Center. Shark Dining is proud to announce Meatless Mondays at the Culinary Table in the center's Food Court and the Chef's Table in the HPD Dining Center. Meatless entrees will be available every Monday as a weekly start to a healthier you. Meatless Monday is not a weight loss plan or a vegetarian campaign. Rather, these offerings encourage the NSU community to adopt a more balanced approach to nutrition by limiting meat and saturated fat intake and incorporating more fruits, vegetables, and whole grains into their diets. These choices can help prevent heart disease, stroke, diabetes, and cancer.

For more information on Meatless Monday, visit www.meatlessmonday.com.

For more information on on-campus food options, visit www.dineoncampus.com/nova/.

NSU's Health Care Services

In Broward County, call (954) NSU-CARE (678-2273).
In Miami-Dade County, call (305) 949-4000.

Medical Care

- | | |
|-------------------------------|-------------------------------------|
| • endocrinology | • obstetrics/gynecology |
| • family medicine | • osteopathic manipulative medicine |
| • geriatrics | • pediatrics |
| • internal medicine | • sports medicine |
| • nephrology and hypertension | |

Most insurance is accepted.

Main Campus, Sanford L. Ziff Health Center
3200 South University Drive
Monday–Friday, 9:00 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

North Miami Beach Campus
1750 NE 167th Street
Monday–Friday, 9:00 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

Dental Care

- | | |
|---|----------------------------------|
| • cosmetic dentistry | • oral and maxillofacial surgery |
| • dental services for patients with special needs | • oral facial pain center |
| • endodontics | • orthodontics |
| • general dentistry | • pediatric dentistry |
| • implants | • periodontics |
| | • prosthodontics |

Main Campus
College of Dental Medicine
3200 South University Drive
Monday–Friday, 9:00 a.m.–5:00 p.m.

North Miami Beach
1750 NE 167th Street
Monday–Friday, 9:00 a.m.–5:00 p.m.

Optometric Care

- | | |
|------------------------------------|---|
| • comprehensive eye examinations | • optical services (glasses) |
| • corneal and contact lens service | • pediatric and binocular vision |
| • electrodiagnostic service | • primary eye care |
| • emergency eye care/after hours | • treatment of eye diseases and injuries |
| • geriatric services | • vision therapy |
| • glaucoma services | • visual development and perceptual testing |
| • low-vision rehabilitation | |
| • macular and diabetes service | |

Most insurance is accepted.

The Eye Care Institute
Main Campus
Sanford L. Ziff Health Center, Second Floor
3200 South University Drive
Monday, Tuesday, Thursday, Friday, 8:30 a.m.–5:00 p.m.
Wednesday, noon–7:00 p.m.
Saturday, 8:30 a.m.–noon

Downtown Fort Lauderdale
NBHD Specialty Care Center
1111 South Broward Boulevard
Monday–Friday, 8:30 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

North Miami Beach
1750 NE 167th Street
Monday–Friday, 8:30 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

Rehabilitative Services

- balance and fall prevention
- neuromuscular coordination
- occupational therapy
- physical therapy
- sports and accident injuries
- treatment of movement disorders (Parkinson's disease, multiple sclerosis)

Most insurance is accepted.

Main Campus
Sanford L. Ziff Health Center
3200 South University Drive
Monday–Friday, 8:30 a.m.–5:00 p.m.

Pharmacy Services

- compounding tailor-made medicines
- disease management: diabetes, hypertension, anticoagulation, hyperlipidemia, osteoporosis
- dosage monitoring for patients with multiple prescriptions
- herbal and nutritional counseling
- medication therapy management services
- prescription dispensing
- wellness screenings

Main Campus
Sanford L. Ziff Health Center
NSU Pharmacy
3200 South University Drive
Monday–Friday, 9:00 a.m.–6:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

Call the pharmacy at (954) 262-4550.

Hearing and Balance Clinic Services

- evaluation and management of balance disorders
- evaluation of children with auditory processing and learning disorders
- hearing aids and assistive listening devices
- management of patients with tinnitus (head noise)
- pediatric and adult hearing evaluations

3600 South University Drive
Davie, Florida
Monday–Friday, 8:30 a.m.–5:00 p.m.

Family Therapy and Conflict Resolution

- brief therapy services
- children’s development issues
- chronic illness
- community and conflict resolution services
- divorce adjustment
- family and marriage counseling
- family conflicts
- parenting challenges
- school and behavior problems
- violence prevention

Main Campus
Maxwell Maltz Psychology Building
3301 College Avenue
Monday–Thursday, 9:00 a.m.–9:00 p.m.
Friday, 9:00 a.m.–5:00 p.m.
Saturday, 9:00 a.m.–3:00 p.m.

The Clinic for Speech, Language, and Communication Services

- accent modification
- articulation, phonology, and language problems
- augmentative and alternate communication clinics
- developmental, congenital, and acquired disorders of communication and swallowing
- evaluation and treatment for children and adults
- specialized voice, resonance, and fluency services

Most insurance is accepted.

6100 Griffin Road
Davie, Florida
Monday, Wednesday, Friday, 8:00 a.m.–5:30 p.m.
Tuesday and Thursday, 8:00 a.m.–7:00 p.m.
Saturday, 8:00 a.m.–2:00 p.m.

Autism and Early Childhood Development Services

- autism assessment services
- Baudhuin Preschool (ages 3–5, with autism)
- Family Center Infant and Toddler Program (birth–age 2)
- Family Center Preschool (ages 2–5)
- parent consultations and support
- Parenting Place (newborn–age 5): parent/child classes, enrichment classes, after-school activities
- Starting Right program (18 months–age 3, with learning and communication disorders)

Mailman Segal Institute
Jim & Jan Moran Family Center Village
7600 SW 36th Street
Davie, Florida
Monday–Friday, 8:30 a.m.–5:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

Psychology Services Center

- biofeedback
- counseling for older adults
- neuropsychological assessments
- parent skills training
- psychoeducational evaluations for gifted and school-related issues
- testing and treatment for ADHD
- treatment for adolescent drug abuse and prevention
- treatment for adults with issues resulting from traumatic experiences
- treatment for alcohol abuse, smoking, gambling, and overeating
- treatment for anxiety, excessive fears, and worry
- treatment for children and adolescents experiencing behavioral and emotional issues
- treatment for depression, anxiety, and emotional disturbances
- treatment for eating disorders and body image issues
- treatment for victims and children affected by domestic violence

Main Campus
Maxwell Maltz Psychology Building
3301 College Avenue
Monday–Thursday, 8:30 a.m.–9:00 p.m.
Friday, 8:30 a.m.–5:00 p.m.

Assessment and Intervention Services

- psycho-educational assessment of children and adolescents
- school-based consultation services
- vocational testing
- assessment and treatment for survivors of torture
- assessment and intervention for attention difficulties/ADHD
- assessment and group therapy for autism spectrum disorders
- assessment of specific learning difficulties
- developmental assessments
- testing for intellectual giftedness
- parent training

North Miami Beach
1750 NE 167th Street
Monday–Friday, 9:00 a.m.–5:00 p.m.

For more information, call (954) 262-1262.

Preventive Care

As an NSU member of the ICUBA health plan, you have access to a host of preventive benefits. After you pay for your office visit, the screenings for preventive services are covered at 100%, with no cost to you when you use an in-network provider.

- Services Include
- blood stool tests
 - general health blood panels (including glucose and lipid)
 - bone mineral density tests
 - colonoscopies/sigmoidoscopies
 - echocardiograms/electrocardiograms
 - immunizations (adult and pediatric)
 - mammograms
 - pap tests for women
 - PSA tests for men
 - urinalysis
 - venipuncture services

There may be additional services not listed here that are covered at 100%. You will be financially responsible for your office visit co-pay or coinsurance for any office visit consultations to discuss these procedures.

For more information, call Blue Cross-Blue Shield of Florida at 800-664-5295:
Monday–Thursday, 8:00 a.m.–6:00 p.m.
Friday, 9:00 a.m.–5:00 p.m.

Free Care Coordination

If you are an ICUBA-enrolled employee recovering from an illness, skilled nurses can speed your post-hospital recovery by serving as your advocates at no charge. They will coordinate instructions from multiple physicians and juggle medical claims and prescriptions for you. Nurses are not affiliated with NSU, and they provide services on a confidential basis.

Call the Blue Cross-Blue Shield 24-hour nurse line at 877-789-2583.

Employee Sick Call Clinic

An NSU College of Osteopathic Medicine physician can attend to your urgent medical needs. Appointments are required.

Employee Health Center
Main Campus
Sanford L. Ziff Health Center
3200 South University Drive
Monday–Friday, 8:00 a.m.–11:00 a.m.

To schedule an appointment, call (954) 262-2181.

Hearing Aids

If you are an ICUBA-covered employee, you are eligible for up to \$1,500 in hearing aid benefits per plan year, subject to the out-of-pocket provisions of your plan.

Family and Personal Assistance Program

If you are an NSU employee, the Magellan Health Services Employee Assistance Program can provide guidance or help to you or anyone living in your household dealing with issues including

- | | |
|-------------------------|------------------------------------|
| • financial crises | • moving |
| • family problems | • retirement planning |
| • stress-related issues | • adopting a child |
| • depression | • finding child care or elder care |
| • eating disorders | • legal issues |
| • problems at work | • training a new pet |

Services are provided confidentially and include six free counseling sessions per issue, per plan year.

To schedule a session, call 800-416-0835, or visit www.magellanhealth.com for more information.

Receive Your \$25 Incentive

Once each year, ICUBA-enrolled employees may complete a personal wellness profile and receive a \$25 incentive for doing so. Additionally, if you are an ICUBA-enrolled employee expecting a child, you may complete a maternity wellness profile and receive an additional \$25 incentive. If you have a Health Reimbursement Arrangement (HRA), this amount will be credited to your ICUBA Benefits MasterCard balance. If not, you will receive a \$25 gift card to be used for eligible medical expenses at www.drugsourceinc.com.

Complete the personal wellness profile online at www.bcbsfl.com or contact the Blue Cross-Blue Shield Health Dialog Line at 877-789-2583. Complete the maternal wellness profile by contacting Healthy Additions at 800-955-7635 (and press 6) to request a form that you will complete and mail back.

For NSU Students

Health Care Services

Board-certified physicians and physician assistants can provide NSU students with primary care services including

- physical exams
- women’s health care
- immunizations
- preventive care
- general medical care
- minor surgical procedures
- OB/GYN services
- dermatology

Student Medical Center
Sanford L. Ziff Building
3200 South University Drive, First Floor
Monday–Thursday, noon–6:00 p.m.
Friday, 9:30 a.m.–6:00 p.m.

To schedule an appointment, call (954) 262-1262.

Student Counseling Services

All NSU students can receive free and confidential counseling in our offices on NSU’s main campus in Fort Lauderdale. Counselors are experienced in working with individuals and couples struggling with a wide range of problems. They focus on helping clients discover resources and solutions.

- Staff members are sensitive and respectful of every background, ethnicity, sexual orientation, and religious belief.
- Psychiatric services are available and covered by most insurance.
- Most clients receive the help they need in 5 to 10 sessions.

Main Campus
Parker Building, First Floor

To make an appointment or speak with a crisis counselor (24/7), call (954) 262-7050.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097, Telephone number: 404-679-4501) to award associate’s, bachelor’s, master’s, educational specialist, and doctoral degrees.

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